

# INSIGHTS

by Michael Grose - No. 1 parenting educator



## Raising Kids To Thrive!

**“If we are to prepare children adequately for the future then parents need to take a step back and provide an environment that develops their confidence, their character and their resilience.”**

Currently there's a great deal of confusion about the best way to raise kids. The perception that the world is a dangerous place is causing us to closet or over-protect our children. We have a greater propensity than our own parents did to satisfy our children's material demands, so we run the risk of raising an indulged generation.

Many children grow up with an exaggerated sense of entitlement to rights, freedoms and goods, which are often way beyond their means or grasp. In wanting what's best for kids we do run the risk of doing too much for them, giving them too much and also removing all risk from their environment.

If we are to prepare children adequately for the future then parents need to take a step back and provide an environment that develops their confidence, their character and their resilience

It is these three qualities that will enhance children's prospects of future success in all areas of life, including their relationships, their family and their future working lives.

The development of one impacts on the others. When kids develop a greater sense of self-confidence they usually behave better and they are more likely to bounce back from setbacks, particularly social injustices.

### Confidence

Confidence is about taking your rightful place in the world and grabbing your rightful space. It is about making the most of the opportunities presented to you. Confident kids take more learning risks and are likely to challenge themselves more than kids who are low on confidence. They are less likely to place limits on themselves or their achievements. Confidence is so crucial today as so many kids are anxious and fear failure.

### Character

Character refers to the attitudes and behaviours a child develops that maximise his or her success. Personality may attract initial attention but it won't guarantee success. Character more than likely will. Character has greater substance and depth. The development of depth of character in children is at the heart of effective child-rearing. Character is about doing what's right, not what's easy!

### Resilience

Children need to be resilient. They need to be able to bounce back from life's bigger and smaller setbacks. They need to experience

the gamut of emotions that come with loss, failure, disappointment and other childhood hardships, frustrations and difficulties they routinely face so they learn they can cope when life doesn't go their way. Resilience is linked with good mental health habits and also with a child's success.

These three qualities don't develop in a vacuum. They may develop by accident but I wouldn't count on it. They best develop in an environment where parents purposefully adopt principles and techniques that promote them.

Using large family principles is at the heart of the thriving way of parenting. It's not a return to the past. Rather, it's recognition that if we are to prepare our children adequately for the future, then we need to step back and provide an environment that develops their



confidence, their character and their resilience. These qualities will enhance children's prospects of success in all areas of life in this constantly changing world.

**Parents can find out more about the Thriving Way of parenting in my new book "Thriving! Raising exceptional kids with confidence, character and resilience." It's available at [www.parentingideas.com.au](http://www.parentingideas.com.au)**

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